



Town of Fountain Hills

Activity Center

March 2015

The First Arizona Banjo Band



Wednesday, March 25
2:00 – 3:00 p.m.

Pre-registration required – Course #1222
Free for members - \$5.00 fee non-members
Concert held at the Fountain Hills Community Center

**Come and enjoy a truly unique performance of
New Orleans style Jazz and Ragtime music.**

The First Arizona Banjo Band was formed in 1973. The banjos used are four-string banjos, the old style "jazz" banjos so popular in the 1920's and 1930's. The music reflects that style of song; happy, upbeat, full of rhythm and distinctive sound, and easy to sing along to.

Stop by the Community Center Mon. – Fri. 9 a.m. to 4 p.m. to reserve your seat.



Sponsored by the Town of Fountain Hills Activity Center
and Fountain View Village
13001 N. La Montana (in the Community Center) 480-816-5226
www.fh.az.gov



Happy St. Patrick's
Day March 17

Location

Located in the Community Center
13001 N. La Montana Dr.
Fountain Hills, Arizona 85268
www.fh.az.gov/dept-activity-center.aspx

Staff

Kelley Fonville, Senior Services Supervisor
Marti Lemieux, Activities Coordinator
Linda Winters, Activities Assistant
Nita Blose, Home Delivered Meals Coordinator

Hours

Monday - Friday
9:00 a.m.- 4:00 p.m.
480-816-5226
Fax 480-816-0280



Presentations

Understanding the Journey of Dementia

Course #1216

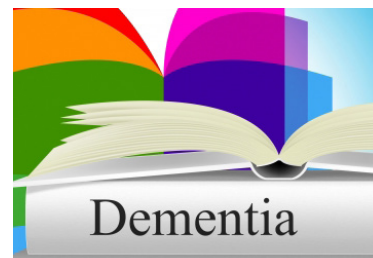
Thursday, April 9

2:00 - 3:00 p.m.

Are you caring for someone with dementia? This presentation will help you understand how to make meaningful connections with your loved one when words no longer work. Join the group to learn helpful tips and strategies for making the connections that are rewarding for everyone.

***Presenter:** Hospice of the Valley is providing this complimentary, one-hour community presentation given by Maribeth Gallagher, a psychiatric nurse practitioner who directs the agency's internationally-awarded dementia program. Once a family caregiver herself, Gallagher has a highly honored reputation for her expertise.*

Pre-registration required. Free for members - \$5.00 fee for non-members.



Dementia Alzheimer's by Stuart Miles
at Free Digital Photos



Laughter Yoga

Course #1217

Thursday, April 16

2:00 - 3:00 p.m.

This presentation combines laughter exercises with yogic breathing and relaxation. You don't need comedy, jokes, or even a sense of humor to laugh and receive the health benefits of laughter. Spend some time laughing and feel refreshed and revitalized.

***Presenter:** Jane Burnett, Arizona State University, is a Certified Laughter Leader. Jane comes to us through the Speaker's Bureau of Scottsdale Healthcare.*

Pre-registration required. Free for members - \$5.00 fee for non-members.



Smiling Woman Stock Photo
at Free Digital Photos

Pre-registration required. Free for members - \$5.00 fee for non-members.

Special Museum Presentations (Held at the Community Center)

Heard Museum

The Apache

Course #1180

Wednesday, March 4

2:00 - 3:00 p.m.



Image courtesy of Elwood W. McKay III
at Free Digital Photos

The Apache are Athapascan-speaking people who arrived in the Southwest sometime between 1000 and 1500 AD, migrating from western Canada, where there are still Athapascan-speaking people. They separated, moved to different locales, and adapted to each environment and had contact with other Indian peoples. They still retained core traditions and values and continued to be hunters and gatherers with a nomadic lifestyle. You will experience their history, location, and some of their traditions, housing, clothing, food, arts and crafts, and present-day occupations.

Presenter: *An experienced Heard Museum Guild Volunteer will lead the presentation.*

Pre-registration required. Free for members - \$5.00 fee for non-members.

Phoenix Art Museum

From Sea to Shining Sea

Course #1225

Thursday, April 23

2:00 - 3:00 p.m.



Image courtesy of Thomas Cole, 1830,
at Free Digital Photos

The American spirit is defined by its land. Through the paintings of 19th Century artists, join the journey from the first colonies along the Atlantic to the Oro River Valley; through the Louisiana Purchase and the Northwest Territory; from California coasts to the Rio Grande, as America inches its way to complete the “footprint” of the continental United States. From the Spanish American War through the most recent War on Terror, we have fought to preserve this land and the unique gift it represents....a beacon of hope that stretches from “Sea to Shining Sea.”

Presenter: *Sherry Koopot has been a Docent at the Phoenix Art*

Museum since 1986. Sherry has an impressive background which she will share with you.

Sherry was nominated for the Governor’s Award for an Individual in Arts Education.

Pre-registration required. Free for members - \$5.00 fee for non-members.

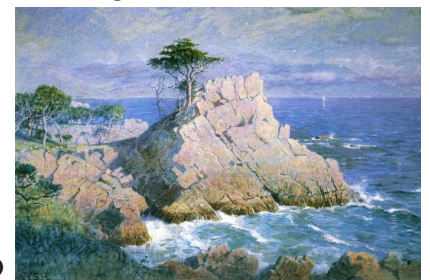


Image courtesy of Thomas Cole, 1830,
at Free Digital Photos

Pre-registration required. Free for members - \$5.00 fee for non-members.

Presentation

Commemorative Air Force & Airbase Arizona

Course #1214

Thursday, March 19

2:00 - 3:00 p.m.

Larry A. Turner, Commemorative Air Force (CAF) Airbase Arizona Leader, will present the history and future of the CAF, the operations of the CAF Airbase Arizona Aviation Museum and the history of #4 British Flying Training School (Falcon Field) from 1941-1945. He will also present information on the American Airpower Heritage Foundation of Arizona.



Image courtesy of Bernie Condon
at Free Digital Photos

Presenter: Larry A. Turner worked for Hughes Aircraft Company, retiring in 1994 as an engineering department manager on the Advanced medium Range Air to Air Missile (AMRAAM) Systems Program. Larry volunteered nearly 30 years at the Pima Air & Space Museum in Tucson. Larry joined the CAF and the CAF Airbase Arizona in 2006. He served as the unit's Museum Director and Adjutant Officer before being elected the Airbase Leader in 2011 and 2013. He is also a member of the General Staff of the CAF and Chairman and President of the American Airpower Heritage Foundation of Arizona, Inc. He is also a Life Member of both the Commemorative Air Force and the Arizona Aerospace Foundation.

Pre-registration required. Free for members - \$5.00 fee for non-members.

AARP Tax Help is on the Way

Monday, February 2 through

Monday, April 13, 2015

Skilled volunteers from **AARP TAX-AIDE** will prepare your tax return at no cost to you. All appointments will be scheduled for **Mondays only** at the Fountain Hills **Presbyterian Church**, 13001 N. Fountain Hills Blvd.

For an appointment call: 480-816-4924
Monday-Thursday between 9 a.m. - 5 p.m.

Bring last year's tax returns, a photo I.D., W2, 1099R, any brokerage statements, itemized deductions, information concerning health care insurance for all persons named in the tax return, copy of your real estate taxes paid, and any other supportive documents needed.

You Do **NOT** have to be an AARP member

Special Health Presentations

Healthy Mind & Body Presentations

*Presented by Dr. Nick Schultz
with Schultz Chiropractic Clinic*



Eat Well, Think Well, and Move Well!

Thursday, March 19

Course #1186

11:00 a.m. - 12:00 p.m.



Image courtesy of Stuart Miles
at Free Digital Photos



Health Talks

Presented by Spooner & Shaft



Shoulder Pain - What is It?

Tuesday, March 31

Course #1183

9:15 - 9:45 a.m.

Presented by Ken Greenstreet, PT



Image courtesy of David Castillo Dominici
at Free Digital Photos

Pre-registration required. Free for members - \$5.00 fee for non-members.

Classes



Life Stories

Course #1401

Thursday, March 12

11:00 - 12:00 p.m.

Learn tips on how to tell your “life stories,” (to share life stories, important pictures, favorite songs, etc.). Steve Allison will discuss topics such as: What is a Life Story; Why you should consider doing a Life Story video; What steps are required to make a video; How long does it take to make a video; and How best to get started.



Image courtesy of Vlado at Free Digital Photos

The instructor, Steve Allison, videographer, has been helping people tell their life stories as a volunteer for seven years in Orlando, Florida. He has created over 60 life story videos. He has been involved with life stories for several different agencies that work primarily with seniors. He also recently started as a volunteer with Story Corps, a National Public Radio series. He moved to Fountain Hills last year from Winter Springs, Florida.

Activity Center Membership and Pre-registration required.

AARP Smart Driver Class

Course #1140

Tuesday, April 14

8:30 a.m. - 1:00 p.m.

Learn new defensive driving techniques and more road awareness.

You may be eligible to receive a discount on your insurance for taking the class. Check with your insurance agent. Please bring your AARP card and driver's license.

\$15 if an AARP member

\$20 if not an AARP member.

Payable by CHECK ONLY to the instructor at the beginning of class.

No cash or credit cards.

Pre-registration required.



Pre-registration required.

A green four-leaf clover with a single stem extending to the left.

Thanks to all who made this event a huge success!



Day Trips

All Aboard!



Tour West America
Laina Hearney
480-854-2222

Fountain View Village
Call Teri Larson
480-836-5006

Especially 4U
Call Shanna Olness
602-617-3953

Christ's Church
Call Gary Emmons
480-837-3121

AZ Trails Travel
Call Roxanne Boryczki
480-837-8665



“Wanna” Get Away?

There are many day and overnight tours, charters, cruises, and trips available that are sponsored by various local and national travel groups. Stop by the Activity Center to pick up flyers or call the contacts listed to find the right get-away for you!

Fountain View Village

Streisand Tribute
Arizona Broadway Theatre
Monday, March 2

Native Trails-Scottsdale
Thursday, March 5

Spring Training Baseball at Talking Stick
Thursday, March 12

ASU SkySong Tour-Scottsdale
Friday, March 27

Celebration of Life in Song, Temple Solel
Sunday, March 29

Contact Teri Larson at 480-836-5006 for trip fees, details, and to make reservations for the above trips.

Christ's Church

Out of Africa - Cottonwood
March 17

Arizona Historical Museum
April 21

Dolly Steamboat
April 21



"Fantasy Tour" by digitalart

Contact Gary Emmons at 480-837-3121 for trip fees, details and/to make reservations for the above trips.